THIRTY TWO RULES FOR AVADHUTAS / AVAHUTIKAS

- 1a. Beard should be kept up to a handful in length.
- 1b. For Didis: Avadhutika should not laugh loudly.
- 2a. Minimum length of the hair of the head should be half of the length of the arm, from the elbow to the end of the palm.
- 2b. For Didis: The hair of the head should not be allowed to grow more than one inch.
- 3. Perfumed oil should not be used.
- 4. Teeth should be cleaned by a da'tuna (fresh neem stick from tree) or simple antiseptic paste or powder.
- 5. Soft bed should not be used.
- 6. Avadhuta should sleep on his own bed alone.
- 7. Hair of the armpit and genital organ should not be removed.
- 8. Any medicated soap, but not cosmetic, which is not perfumed, should be used.
- 9. No relationship will exist with worldly family.
- 10. The avadhuta must not give any chance to his ex-worldly family to see him in any place except jagrti.
- 11. Avadhuta shall treat every woman of the world including his ex-wife as mother.
- 12. The use of things which are by nature perfumed is not prohibited, but artificially perfumed things should not be used.
- 13. Avadhuta should not remain in a lonely place with any female.
- 14. Avadhuta should not initiate any female. During illness, remaining with a female nurse of the hospital in one room will be treated as wrongful. Either he will be with a male nurse or in case of a female nurse one third person should be present.
- 15. Avadhuta trainees shall have to observe the rules of the training very strictly for a minimum period of one year. During that period if he is an acarya he is to be known as brahmacarya. After that it will be considered if he is fit for taking oath and becoming avadhuta.
- 16. Avadhuta trainee should not wear the dress of an avadhuta in its entirety.
- 17. Avadhuta should use hard seat during tour whenever practicable.
- 18. Rules of avadhuta training may be followed in absence of permission of his wife. But permission will have to be obtained before taking avadhuta diik´sa.
- 19. Those who are not kapaliika will not be recognized as avadhuta.
- 20. Avadhuta shall not take food touched by a mean-minded man. He will also not take any food in a hotel or restaurant. Even sattvika food taken in a restaurant is to be treated as tamasika.
- 21. Avadhuta shall not take food purchased by the money of a mean-minded man.
- 22. Avadhuta shall not accept service from others as far as possible.
- 23. Strict vigilance is to be kept on restraint towards diet and dealing.
- 24. Avadhuta should not take food while seeing one taking non-vegetarian diet.
- 25. Naesthita brahmacarya should be strictly observed. In case of any non-voluntary discharge of semen he has to observe vypaka shaoca kriya then and there and will observe twelve hours nirambu upavasa from that moment.
- 26. Avadhuta shall observe complete fast without water during Eka´dashii, Ama´vasya´ and Pu´rn´iima´ compulsory.
- 27. Avadhuta shall take strict sattvika diet.

- 28. Avadhuta will always keep himself engaged in service of Gurudeva with sincerity and devotion in thought, word and deed, in subtle and crude spheres, in inner and outer expressions of life.
- 29. After urination, cleaning the urinary organ must be done with water like all other margiis. He is also to keep shaoca mainjusa with him.
- 30. Under no circumstances should the purity of the mind and body be polluted.
- 31. Always remain united and organized. Solve all problems, big or small, in a united way. Advise every Ananda Margii to remain united at all times.
- 32. While observing the above rules, if any contravention of a rule occurs within a year from the start of the training, then the trainee shall have to undergo training for one more year from the day of the contravention of the rules. It may be added here that an avadhuta must not engage his ears in hearing obscene language or song, touch any rajasika articles, see any depraving entity or picture, or go through any story, novel or picture having even a slight bit of sexual importance, eat, drink or smoke anything rajasika or tamasika or use any article which is artificially scented. All avadhutas should learn this mantra by heart:

Caks´una samvaro sa´dhu
Sa´dhu sotena samvaro
Gha´nena samvaro sa´dhu
Sa´dhu jhibha´ya samvaro
Ka´yena samvaro sa´dhu
Sa´dhu va´ca´ya samvaro
Manesa samvaro sa´dhu
Sa´dhu savvatha samvaro
Savvatha samvaro bhik´su
Savva dukha pamucati

(O Bhiks´u, O monk. Control your eyes, hearing, smell, tongue (taste), body,lips (speech) and mind. You should have all-round restraint, then you will overcome all pain)
This concludes Thirty-two Avadhutas Rules - Parama Pita Baba Ki Jai...

THIRTY-SEVEN WORKERS RULES

- 1. At proper time one should leave one`s bed.
- 2. At day peep daily duty should be done.
- 3. Sa´dhana´ should be done at the proper time.
- 4. Only one should answer to one question during conversation.
- 5. Yama and Niyama should be followed very strictly.
- 6. One should leave all sorts of luxuries.
- 7. One should use always a clean but not aristocratic dress.
- 8. One should have control over sa´dripu and as´t´apasha.
- 9. One should always use hard bed.
- 10. One should ask for punishment if mistake has been committed.
- 11. One should not lose one`s temper at any time.
- 12. One should not be greedy.
- 13. One should speak in a modest way.
- 14. One should not be talkative.
- 15. One should not look at the face of the opposite sex except at the time of nursing.
- 16. One should not use intoxicating herbs or drugs (viz. coffee, hashish, opium etc.)
- 17. One should adjust with the minimum requirements of life.
- 18. One should not speak in a loud voice.
- 19. One should wash urinary duct after passing urine.
- 20. One should attract others by one`s sacrificing nature.
- 21. One should make others ungreedy by one`s nature.
- 22. One should make others good by becoming an ideal person.
- 23. One should observe avadhuta rules if avadhuta or not.
- 24. One should follow discipline very strictly.
- 25. One should always be ready to sacrifice oneself for the ideology.
- 26. One should not criticize any country.
- 27. One should not waste time in criticizing others.
- 28. One should not talk of one`s family affairs.
- 29. One should offer something after reducing one`s own expenditure.
- 30. One should try to remove other`s pain but should not tell about one`s own troubles.
- 31. One should be ready always to accept all suffering as rewards and become an ideal son of the Cosmic Father.
- 32. One should not give any false answer and should consult with one`s seniors for the correct answer.
- 33. Workers should have the dignity of labour and not the dignity of post.They have nothing to do with promotion, demotion or reversion. Whatever responsibility is allotted to them, they are to do with maximum respect for
work.
- 34. If anybody utters an abusive language against our organizations or ideology, our worker is not to be drifted away by opposite views. He is to stand firmly on the ideological fundamentals, even if the opposition comes from a respectable Ananda margii. The worker is to pay a deaf ear to such things. He is not to pay credence to anything that goes ultravirus to our ideology.
- 35. Sa´dhana´ should be practized at least four times daily.
- 36. Daily diary should be written compulsory as per prescribed system.
- 37. Non-compromising strictness and faith regarding the sanctity of ista, adharsha, conduct rules and Supreme Command.

This concludes 37 Workers Rules - Parama Pita Baba Ki Jai...

FOURTEEN POINTS

- 1. Obedience is discipline and discipline is obedience.
- 2. No logic, no reasoning but the compliance of order.
- 3. You will have to reach at the appointed time when you have been called without fail if you are not dead.
- 4. You will always think in terms of Cosmic brotherhood and act accordingly. Any sectarian view or narrow-mindedness such as casteism, provincialism, nationalism or communalism will not be tolerated.
- 5. Learning of the fine arts and their maintenance will be your regular duty.
- 6. You will always be accustomed to lead a hard and industrious life.
- 7. You will never talk ill of others or never indulge in mudslinging.
- 8. You should always think that you are to see the Cosmic brotherhood, so your voice should be as sweet as honey. You should also try to cultivate the cult of hospitality.
- 9. You will cultivate the practice of maonabharata at least half an hour every day during working hours.
- 10. The habitat of any kind of intoxication will not be tolerated from today henceforth.
- 11. No sa´dhana´, no meal.
- 12. You will protect yourself from sexual weakness and luxury.
- 13. We are all the children of the same Father, we are all the members of the same family. By fighting against all kinds of evil forces, we will establish the glory of our Father and the glory of our family.
- 14. You will remember the oaths before leaving bed.

The One Point

- Except in obedience to the rules of my higher authorities, I am under no circumstances to leave my headquarters without handing over my duties and responsibilities to a responsible person authorized by my higher authority for the purpose even if my absence is proposed to be for a very short time.

SIX ADDITIONAL RULES

- 1. Black money.
    - a.) No worker can keep unaccounted money (black money) with him.
    - b.) Each worker will separately maintain the clear account of receipt and expenditure of his personal allowance and organizational money.
    - c.) Whenever supervisory worker so desires, the worker is to give the proper account of expenditure tallying with the cash at their disposal.
    - d.) Each amount of collection should be deposited properly and drawn after submitting requisition.
    - e.) Proper vouchers are to be maintained for each item of expenditure.
    - f.) After expenditure proper account should be submitted to the treasury, without which he will not be allowed to draw the fresh amount again.
    - g.) No worker can accept any money without giving a proper receipt.
- 2. Supervisory workers will have to take proper care of each of their supervised stuff in all respects.
- 3. There should be promptness and regularity in submitting the periodical reports and returns as per described system.
- 4. All kinds of official records and inventories, accounts etc., should be maintained by each worker.
- 5. Tour program should be followed very strictly without any exception.
- 6. Supervisory workers will have to keep care that each of their supervised workers is properly utilized.